

Whole Wheat Rolls

Makes: 300 Servings

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Ingredients	Weight	Measure
Margarine or butter	2 lb 1 oz	4 cups 2 Tbsp
Low-fat 1% milk	9 lb 11 oz	1 gal 2 cups
Sugar	10 1/2 oz	1 1/2 cups
Active dry yeast	7 1/2 oz	1 cup
Water	4 lb 11 oz	2 qt 1 cup
Whole wheat flour	12 lb 6 oz	2 gal 3 3/4 qt
Enriched all-purpose flour	11 lb 10 oz	2 gal 2 1/2 qt
Sugar	2 lb 10 oz	1 qt 2 cups
Salt	3 7/8 oz	1/3 cup

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	177	
Total Fat	3.2 g	
Protein	5.17 g	
Carbohydrates	32.97 g	
Dietary Fiber	2.91 g	
Saturated Fat	0.62 g	
Sodium	180 mg	

Directions

1. Mixture 1: Combine margarine or butter and milk. Heat until margarine or butter is melted.
2. Mixture 2: Heat water until warm (no more than 110°F) and stir in sugar and yeast. Hold for 5 minutes until mixture bubbles to allow yeast to activate.
3. Combine the milk mixture and the water and yeast mixture in the mixer. (Be sure neither is too hot as this will kill the yeast.)
4. Blend the flours, sugar, and salt in a large mixing bowl, add to liquid mixture. Mix until well blended.

5. Knead dough on medium speed for 8-10 minutes until dough is properly developed. Use gluten stretch test.
6. Place dough in a large lightly greased mixing bowl and cover. Let dough rise until it has doubled in size.
7. Punch dough down and knead until dough is elastic.
8. Roll out dough on a floured surface. Form rolls from dough by pinching off 2.25 oz pieces and shaping or use a roll cutter. Use 5 sheet pans. Place in rows of 6 across and 10 down on sheet pans (18" x 26" x 1") that have been lightly coated with pan release spray.
9. Let rise again until double in size.
0. Bake until golden brown: Convection oven: 325°F for 10-15 minutes.